



Leon County Senior Outreach

August - September 2010

Bradfordville

Bradfordville Senior Days: Wed., Aug 11 & Sept 8, 10:30 am - 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 donation for lunch.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Draw With Your Eyes, Paint With Your Heart: Wed, 1-4 pm, Aug 11 - Sept 15 (6 weeks). Skill level beginning/intermediate, \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Beginners: Tues. & Thurs., 10:30 -11:15 am, Suggested \$2 donation.

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

Senior Fitness - Afternoon Class: Tues & Thurs, 1-2 pm, Suggested \$2 donation.

Social Bridge: Every Mon, 1-4 pm, Suggested \$1 donation.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, Aug 31 (Note date change due to elections) & Sept 28, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, 1 - 3:30 pm, Aug 11 - Sept 15 (6 weeks), Skill level beginning/intermediate, \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

Chaires-Capitola (continued)

Lo Impact Senior Fitness: New 6 week session starts Aug 30. Registration required. Call 891-4065. Mon, 10:30 - 11:30 am & Thurs, 10:15 - 11:15 am, \$36 per session.

Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

Cards for Fun: Thurs, 1:30 - 3:30 pm, Suggested \$1 donation.

Fort Braden Senior Day: Tues, Aug 17 & Sept 21, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

Painting with Oils & Acrylics: Thurs, 2- 5:00 pm, Aug 12 - Sept 16 (6 weeks). Skill level intermediate. \$48 seniors 55+, \$60 all others. Registration required, call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am, Suggested \$2 donation.

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thurs, Aug 5 & Sept 2, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

Bus Trip to WalMart: Friday, Aug 6 & Sept 3, 10:00 am - 12:30 pm, \$2 round-trip.

Senior Fitness: Tues & Thurs, 1:45 - 2:45 pm, Suggested \$2 donation.

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Senior Day: Thurs, Aug 12 & Sept 9, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am, Suggested \$2 donation.

Come Join the Fun!

Calendar of Events

Call 891-4065 or 891-4033 for More Information



Grandparents as Parents (GaP)

GaP Aqua Aerobics Class: Every Monday through August 30, 9:00 am-10:00 am, Jack McLean Pool, 800 Paul Russell Road. Join other GaP participants in a water exercise class. \$2.00 per class. RSVP not required

GaP Bag and Gab: Thurs., Aug. 12, 11:30 am-1:00 pm. (no Bag and Gab in September), Tallahassee Senior Center, 1400 N. Monroe, Room 3A. Informal discussion about parenting the second time around with other GaP members. Bring a lunch, or buy a salad bar at the Senior Center for \$4.00. RSVP not required

GaP Support Evening Meeting: Tues., Aug. 24 & Sept. 28, 6:00-7:30 pm, First Presbyterian Church, 110 Adams Street. Child care and light dinner provided. **RSVP required!** 891-4008

GaP Support Lunch: Wed., Aug. 25 & Sept. 29, 11:30 am-1:00 pm, Leon County Public Library, Program Room A, 200 W. Park Avenue. Lunch provided. Health screenings and legal services available. **RSVP required!** 891-4008



MARK YOUR CALENDAR!

GaP **Fall Resource Fair**

Saturday, September 18, 10:00 am-1:00 pm,
Tallahassee Senior Center, 1400 N. Monroe. St.

Local social service agencies with programs that may benefit relative caregivers will provide information and answer questions. We welcome any custodial grandparents and other relative caregivers to join us and learn about the GaP Program and other community services.

For information call 891-4041.

Email wendy.halleck@talgov.com or call **891-4041**
for more information about the GaP Program.

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.